



Photo by 1st Lt. John D. Howard Jr., 8th Theater Sustainment Command  
**Pfc. Miles Perron of the 561st Eng. Co. operates an 120M grader and manages material excavated from the Range 5 Trench Construction Project on Marine Corps Base Hawaii.**

# Army Engineers expand USMC training areas

**1ST LT. THOMAS SHADE**  
8th Theater Sustainment Command

With the Pacific region as busy as it's ever been, the need for increased readiness here has never been higher.

Marine Corps Base Hawaii recently got a valuable boost in its operational capabilities from a new live-fire trench warfare system courtesy of help provided by the Army's 561st Engineer Construction Company, 84th Engineer Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command.

The Range 5 Trench Construction Project was a joint effort. Army and Marine Corps engineers worked together to produce the complex design. Now complete, it provides a vital training facility for land forces across Hawaii.

"The shoot houses, clearing houses and mortar range, in addition to this construction, allows us to train on combined effects," said Marine Corps Col. Sean C. Killeen, outgoing commander of MCB Hawaii.

"Everything they have done has been amazing quality of work, on time, and it keeps us asking what kind of projects they



Photo by Maj. Lindsey Elder, 8th Theater Sustainment Command  
**Maj. Gen. Susan A. Davidson (second from left), commanding general of the 8th TSC, visits the Range 5 Trench Construction Project on June 14 for a briefing and site walk-through.**

can help us expand on next," he added.

Due to an estimated \$3.5 million civilian contractor cost of construction and a time constraint of two-and-a-half months to complete it, the Range 5 Trench Project proposal had been up for consideration

schedule on more than 200 separate construction tasks, all while operating with zero safety incidents, it's a true testament to the ability of the Soldiers on this mission," said Sgt. 1st Class Patrick Keown, a platoon sergeant in the 561st Eng. Co. and the non-commissioned officer in charge.

Planning began in January. Construction broke ground on April 20.

Over 500 posts have been placed across the trench to form the six live fire grenade pits, 30 pop-out target points and 1,300 linear feet of trench pathway.

"Not only is it great training for our engineers, but this is an important and unique opportunity for us to work together increasing readiness for the Army and Marines across the island," said Maj. Gen. Susan A. Davidson, commanding general of the 8th TSC.

The range was deemed fully operational in mid-July.

Construction efforts by the 561st Eng. Co. are projected to save MCB Hawaii \$2.6 million in construction costs as well as an estimated six months' worth of construction time when the base ranges would otherwise have to be closed.

# Generators arrive at Schofield Barracks power plant

**KAREN A. IWAMOTO**  
Staff Writer

**SCHOFIELD BARRACKS** — Hawaiian Electric Company contractors were on track to deliver six 159-ton generators to the 50-megawatt power plant currently under construction on 8 acres of land here.

The deliveries, which occurred between July 14-16 and July 18-21, were undertaken late at night and early in the morning to minimize the impact on traffic. Because each generator was an oversized load, the hauling vehicles proceeded along the designated route at between 5 mph and 10 mph, and were accompanied by escort vehicles from the Honolulu Police Department.

Army and Hawaiian Electric officials have lauded the new power plant as a means of delivering secure and reliable energy to the Army and the island at-large. The plant will be developed, owned, and operated by Hawaiian Electric and will run on a mixture of biofuels and conventional fuels; the Army will continue to purchase electricity at existing Public Utility Commission-approved rates.

The project is a partnership between Hawaiian Electric, U.S. Army Garrison-Hawaii, the U.S. Army Corps of Engineers-Honolulu and Headquarters U.S. Army Corps of Engineers.



Col. Stephen Dawson, commander of U.S. Army Garrison-Hawaii, said that the new power plant mitigates risk, thereby contributing to the Army's ability to carry out critical missions.

"We're excited about the progress," he added. "This plant will provide redundancy to the power grid and be environmentally friendly, while at the same time,

supplying power to the Army and neighboring communities, supporting our training and readiness - it's a win-win."

Hawaiian Electric officials said the Schofield plant will strengthen the Oahu grid and make it better prepared for emergencies. It will be the only power plant on the island located inland, away from any coastal impacts from storms or

Photo illustration courtesy of Hawaiian Electric Company (Photo has been altered from its original form)

**Hawaiian Electric contractors delivered six 159-ton generators to the 50-megawatt power plant (left) being constructed on 8 acres of land on Schofield Barracks. The deliveries occurred between July 14 and 21.**

Inset photo by Christine Cabalo, Oahu Publications

**Kahu Kordell Kekoa, right, leads representatives from the USAG-HI, Hawaiian Electric and government officials in a blessing and groundbreaking for the new power plant on Aug. 22, 2016.**

tsunami, and will be well protected on a secure Army base.

"Hawaiian Electric is looking forward to using this new facility to provide reliable, renewable, resilient power to the Army and all of our customers for the next 35 years or more," said Jack Shriver, manager of Hawaiian Electric's Generation Project Development.

The plant is expected to be in service by spring 2018, and will serve all of Hawaiian Electric's customers. In the event of an emergency, the plant can be isolated from the grid to provide secure power to the Army's facilities at Schofield Barracks, Wheeler Army Airfield and Field Station Kunia.

# Competition builds esprit de corps, honors 'Gimlet' history

Story and photo by  
**1ST LT. JORDAN LINDER**  
2nd Infantry Brigade Combat Team  
25th Infantry Division Public Affairs

**SCHOFIELD BARRACKS** — Humid air made breathing difficult as the sounds of boots on gravel made their way up East Range Road. As the sun rose and day broke, Soldiers out-of-breath but motivated Soldiers covered in sweat ran toward the obstacle course, here, to embrace the challenge before them. Each team wanted to be the fastest and to complete the training with the least amount of penalties.

The Soldiers assigned to the 1st Battalion, 21st Infantry Regiment, 2nd Infantry Division Combat Team, 25th Infantry Division, competed in their annual Gimlet Challenge, a physical

and mental test of the unit's history and physical endurance.

Soldiers were divided into teams of four and began by running from Schofield Barracks to Wheeler Army Airfield and then to East Range on a 3-mile timed sprint.

"The Gimlet Challenge is a great way to foster esprit de corps within the battalion, everyone gets to participate," said Staff Sgt. Erick Bradley of the Headquarters and Headquarters Company, 1-21 Inf. Regt. "The tasks at hand allows new and experienced Soldiers to refine and practice their skills. Basic Soldier skills are not like riding a bike, you have to practice to remain proficient."

Upon arriving to the obstacle course, teams faced five separate stations with tasks and obstacles to complete.



**Soldiers from 1-21 Inf. Regt., 2nd IBCT, 25th ID participate in the Gimlet Challenge.**

Gimlets were tested on their ability to assemble, perform a function checks and disassemble an M249 light machine gun, an M240 machine gun and an M4 carbine in less than 6 minutes. Any longer than 6 minutes and the team was penalized by time and burpees.

Other stations tasked Soldiers with

See GIMLETS A-3





The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

**Commander, U.S. Army Garrison-Hawaii**  
Col. Stephen E. Dawson  
**Garrison Command**  
**Sergeant Major**  
CSM Lisa C. Piette-Edwards  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154

**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
editor@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writer and Photo Editor**  
Karen A. Iwamoto 656-3150  
reporter@hawaiiarmyweekly.com

**Layout**  
Kristen Wong  
layout@hawaiiarmyweekly.com  
**Advertising:** 529-4700  
**Classifieds:** 521-9111

**Address:**  
Public Affairs Office  
745 Wright Ave., WAAF  
Building 107, 2nd Floor  
Schofield Barracks, HI 96857-5000

**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

Contributing Commands

**U.S. Army-Pacific**  
Russell Dodson, 438-2662  
**25th Infantry Division, & 25th Sustainment Brigade, & 25th Division Artillery**  
LTC Curtis J. Kellogg  
655-6350

**2nd Brigade Combat Team**  
MAJ Karen Roxberry  
655-0738

**3rd Brigade Combat Team**  
CPT Eric D. Hudson  
655-9526

**25th Combat Aviation Brigade**  
CPT Steven J. Guevara  
656-6663

**8th Theater Sustainment Command**  
MAJ Lindsey Elder  
438-0944

**311th Signal Command (Theater)**  
CPT Liana Kim, 787-4095

**94th Army Air & Missile Defense Command**  
SFC Claudio Tejada Valerio  
448-1556

**9th Mission Support Command**  
CPT Liana Kim  
438-1600 ext. 3114

**18th Medical Command (Deployment Support)**  
SFC John D. Brown, 437-4737

**Tripler Army Medical Center**  
James Guzior, 433-2809

**U.S. Army Corps of Engineers-Honolulu District**  
Dino Buchanan, 835-4003

**500th Military Intelligence Brigade**  
SGT Shameeka R. Stanley  
787-6824

**599th Transportation Brigade**  
Donna Klapakis, 656-6420

**USAG-Pohakuloa**  
Eric Hamilton, 808-969-2402

# Milhorn leaves, Michael joins USARPAC

**STAFF SGT. CHRISTOPHER MCCULLOUGH**  
U.S. Army Pacific Public Affairs

FORT SHAFTER — Brig. Gen. Jeffrey L. Milhorn, outgoing assistant chief of staff of operations, U.S. Army-Pacific, and Brig. Gen. Stephen L.A. Michael, incoming assistant chief of staff of operations, were honored during a Flying “V” ceremony at historic Palm Circle, Fort Shafter, July 14.

The Flying “V” ceremony traditionally welcomes or honors senior Army officials when they assume duties or depart from USARPAC. The “V” refers to the way the colors are posted during the ceremony.

Soldiers bearing organizational colors represented USARPAC’s subordinate and theater-enabling commands on the parade field.

Milhorn prepares to depart USARPAC after 14 months of distinguished service as assistant chief of staff of operations. He will stay in the USARPAC area of operations as deputy commanding general of I Corps at Joint Base Lewis-McChord, Washington.

USARPAC commander, Gen. Robert B. Brown, officiated the ceremony and addressed the importance of Milhorn’s contributions.

“Jeff has done all kinds of work. He’s synchronizing current operations, future operations and plans for the entire Pacific, from JBLM, Alaska, Japan, Hawaii, Guam, Korea, [and other locations] all over the Pacific,” said Brown. “He’s also synchronizing all this with our major subordinate commands all over the Pacific, as well as our theater enabling commands.”

Brown went on to detail how Milhorn managed the very important responsibilities of integrating new concepts such as Multi-Domain Battle, working to get joint forces together and integrated, and coordinating mission command aspects that are required



Photo by Staff Sgt. Chris McCullough, U.S. Army-Pacific Public Affairs

**Brig. Gen. Jeffrey L. Milhorn, outgoing U.S. Army Pacific assistant chief of staff of operations, offers remarks during the ceremony.**



Photo by Staff Sgt. Justin Silvers, U.S. Army Pacific Public Affairs

**U.S. Army Pacific commander, Gen. Robert B Brown (right); Brig. Gen. Jeffrey L. Milhorn (center), outgoing assistant chief of staff of operations, USARPAC; and Brig. Gen. Stephen L.A. Michael, incoming assistant chief of staff of operations, USARPAC, stand ready for a Flying “V” ceremony held at historic Palm Circle, July 14.**

with I Corps, at the operational level, and Eighth Army in Korea.

“I’ve never seen anyone do it better than Jeff, where he tells them the tough tasks to do, but they are thanking him; they feel like they’re grateful to get that task,” Brown said. “He’s a master at how to get the team going and working in the same direction.”

“There’s no better person to go now and be deputy commanding general of I Corps, a key two-star job understanding the Pacific, and Jeff will do that better than anybody,” Brown said.

Milhorn expressed that it was a great honor to have served under Brown, and gave thanks to Brown and other members of the command group. He was especially thankful for Brown’s empowerment of his subordinate commanders.

“To the senior leaders, thank you for your leadership, your vision, your innovative approaches, care and compassion,” said Milhorn. “Gen. Brown, thank you for empowering all your subordinate commanders and their staffs to be able to accomplish the objective you set before them. I’ve never met anyone more inclusive than him.”

Brown also celebrated the arrival of Milhorn’s replacement, Brig. Gen. Stephen L.A. Michael, who is coming to USARPAC from the 25th Infantry Division, where he was the deputy commanding general of operations.

“We’re so lucky to get Team Michael coming in. An amazing officer, with an amazing family, coming from Schofield where he had the great experience of being

deputy commanding general,” Brown said. “We’re really glad to have such a talented officer come to us.”

Michael stated, in kind, how fortunate he felt to have the opportunity to serve in the role of the G3/5/7.

“Myself and (my spouse) are honored and humbled to be here today, to be numbered with and amongst you, and we are thankful and grateful for this phenomenal opportunity,” said Michael. “Today we’re honored, not just to be in the great USARPAC team, but to remain in this great community in the great State of Hawaii.”



Photo by Staff Sgt. Justin Silvers, U.S. Army Pacific-Public Affairs

**Brig. Gen. Stephen L.A. Michael, former deputy commanding general - operations of the 25th ID, addresses the audience during U.S. Army Pacific’s Flying “V” ceremony at historic Palm Circle, July 14.**

# Army launches summer campaign to get Soldiers hired

**ARMY SOLDIER FOR LIFE-TRANSITION ASSISTANCE PROGRAM**

News Release

The Army’s Soldier for Life-Transition Assistance Program (SFL-TAP) is hosting a Hire a Soldier Campaign from now until Aug. 11 on SFL-TAP’s Facebook and Twitter pages.

The campaign aims to inform transitioning Soldiers on ways to market themselves for civilian careers and offers companies interested in hiring veterans the opportunity to share advice and network.

Several events online are taking place during the course of the campaign, including a Twitter Chat, several Wednesday Facebook Live guest speakers and a contest for the public to submit their best advice for a transitioning Soldier.

“SFL-TAP is helping transitioning Soldiers connect with more opportunities in the civilian sector,” retired Col. Walter Herd, director of SFL-TAP said.

This is the first time SFL-TAP is hosting an online social media campaign. The campaign connects Soldiers, industry professionals and veterans with transition tips in preparation for employment opportunities.

All are encouraged to tag their posts with the hashtag (#HireaSoldier) and follow it during the course of the campaign for updated information.

Now through Aug. 3, SFL-TAP is accepting submissions for a Facebook contest on transition advice for Soldiers. All individu-



**#HireaSoldier**

*Join the Movement*

10 July - 11 August

 @ArmySFLTAP  @SFLTAP



Courtesy photo

**The Soldier for Life-Transition Assistance Program hosts online events to help encourage employers to hire transitioning Soldiers.**

als with transition experience are welcome to submit a short narrative on their personal advice for transitioning Soldiers. On Aug. 4, the sergeant major of the Army, Daniel Dailey, will announce the winner live on Facebook.

On Aug.3, SFL-TAP is hosting a Twitter Chat to bring transitioning Soldiers and industry professionals together to discuss best practices for resume writing and job seeking. The Twitter Chat will use the hashtag (#HireaSoldier). The event will take place at noon Eastern time.

The Army has partnered with Partnership for Youth Success, the Benefits Administration of Veterans Affairs, Warrior Care and Transition, the National Guard, the Army Reserve Private Public Partnership, and the Department of Labor Veterans Employment

and Training Services for the Twitter Chat.

The following organizations also plan to participate, including Corporate Gray, First Command, G.I. Jobs, Institute for Veterans and Military Families, Recruit Military, Hiring Our Heroes, Where Opportunity Knox and dozens of others.

The Army is the only branch to have 24/7 services for transitioning Soldiers via phone or online through the Virtual Center, as well as at local brick-and-mortars. SFL-TAP Centers host frequent job fairs, education fairs, hiring events, networking opportunities, employer days, and more, both nationally and internationally. For employers looking to connect with transitioning

Soldiers or to learn more about local hiring events, contact the nearest SFL-TAP Center.

## Voices of Ohana

We wondered, “What did you want to be when you were growing up?”  
By 311th Signal Command Public Affairs



**Sgt. 1st Class Robert Alvin**  
G3 taskings NCO, 311th Signal Command

“I wanted to be a welterweight boxing champion.”



**1st Lt. Michael Crosen**  
Personnel actions branch OIC, 311th Signal Command

“I wanted to be an astronaut.”



**Sgt. 1st Class Anastassia Doctor**  
G33 Current Operations NCO, 311th Signal Command

“I wanted to be a ballerina/football player.”



**Capt. Emily Klinkenborg**  
Assistant public affairs specialist, 311th Signal Command

“I wanted to be a spy.”



**Bill Maxwell**  
Safety manager, 311th Signal Command

“I wanted to be a fighter pilot.”



# 2IBCT Soldier gives all to prevent drunk driving

**1ST LT. JORDAN LINDER**  
2nd Infantry Brigade Combat Team  
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Live music blasting through the hall, flashing lights as people dance and the company of great friends, all on the world famous Waikiki Beach, makes the bars and restaurants of Honolulu a huge attraction.

However, drinking while out at bars and restaurants opens up the possibility of Soldiers getting DUIs.

Spc. Matthew Von Stetten, president of the Oahu chapter of the Drunk Driving Prevention Program, wants to eliminate that possibility.

**Tragedy becomes a quest**

When Von Stetten first arrived on island, he was assigned to the 65th Brigade Engineer Battalion, 2nd Infantry Brigade Combat Team, 25th Infantry Division and soon learned of a Soldier in his new battalion who passed away while on leave for his wedding. The Soldier had been in a vehicle that had been struck by another vehicle whose driver had been drinking.

The incident impacted the unit, the family and Von Stetten. It had an enormous impact on his urge to volunteer.

“I have had individuals close to me impacted by the outcome of drunk driving,” said Von Stetten. “One incident is too many, and by volunteering for the Drunk Driving Prevention Program, I knew I could help prevent those events.”

The DDPP started in 2008 and the Oahu chapter opened on Schofield Barracks in 2013. The service is a way to safely get Soldiers who had been out drinking back home.

The program initially started for service members in the Army, but has spread across the island and branches of service.

“Our organization has had an enormous impact; even just from what I have witnessed while volunteering,” said Marine Sgt. Cameron Payne, vice president of the Oahu DDPP chapter. “On one of my first pickups, we picked up service members who would have gone through a DUI checkpoint down the street had they chosen to drive. Through our efforts we prevented that, and countless other DUIs.”

The DDPP works by allowing Soldiers to call in and get picked up if plans fall through with a designated driver. Individuals call a dispatcher and two volunteers are sent on location. One drives the individuals who called, the other drives those individuals’ vehicle.

Unlike other ride services such as taxis, the DDPP is free to Department of Defense civilians and service members. Patrons are asked to pay it forward and volunteer in the program at a later date.

Von Stetten initially started as a driver for the program, but quickly worked his way up through the ranks of the organization. After returning from a Joint Readiness Training Center (JRTC) rotation, on March 4, the national president of the DDPP called him to ask to take over as the chapter president.



Photo by Christine Cabalo, Oahu Publications

**Spc. Matthew Von Stetten, sitting at left, is pictured with other DDPP volunteers on Oct. 21, 2016. The other volunteers, from left to right are: Sgt. Broc Mast, Spc. Andrew Arroyo, Sgt. Gregory Bauer, Sgt. Isaiah Gray and his wife Mary Lyn Gray with their son Isaac, Sgt. Tara Kristich, Spc. Anthony Kemp, Sgt. Christopher Slane and Staff Sgt. Janiel Pierre.**

“I really just want to set the right example,” said Von Stetten. “Each person picked up using the program is potentially a life saved.”

Through his work in the DDPP, Von Stetten has contributed nearly 1,900 hours. He has been acknowledged at both the brigade and division levels.

**Results/recognition**

“The Oahu Drunk Driving Prevention Program saves lives,” said Army Col. Anthony Lugo, Commander of 2nd IBCT. “Spc. Von Stetten’s contributions have made a positive impact not only within our brigade but across the Department of Defense and the Oahu community.”

Most recently, he has been recognized as the United States Army Hawaii Drunk Driving Prevention Volunteer of the Year and 25th Infantry Division Volunteer of the Year for 2016.

The DDPP awarded Von Stetten with a Superior Volunteer Service Award. He was the first person to receive this award since the program started.

“Matthew is one of the hardest working people I know,” said Payne. “When I give the DDPP brief at Marine Corps Base Hawaii, I tell Marines that his work ethic is a great example of what it means to be a role model. The program wouldn’t be where it is today without him.”

The DDPP is continuing to grow across installations in the Army. The organization is always looking for volunteers and service members that can lead by example.

“The most rewarding part of the pro-

gram, and my experience, is knowing that I was able to get others to join and do the same thing,” said Von Stetten. “I made an impact on other’s lives and that this program will continue to grow after I move.”

**More on DDPP**  
To volunteer call 808-888-7407, or for details, visit [ddpp.us/volunteer.html](http://ddpp.us/volunteer.html).

**Spc. Matthew Von Stetten, president of the Oahu chapter of the Drunk Driving Prevention Program, poses for a photo at an awards ceremony.**



Photo courtesy of 2nd Brigade Combat Team Public Affairs

# Health symposium part of Na Koa Regatta kickoff efforts

**1ST LT. JASON KILGORE**  
Schofield Barracks Health Clinic

SCHOFIELD BARRACKS — The U.S. Army Health Clinic, is helping to kick off the 8th annual Na Koa Regatta by hosting the Na Koa Health Matters Symposium, “Warrior and Family Wellness-Imua One Team!” on Aug. 16 at the Nehelani Banquet & Conference Center, here.

The symposium will provide information for Soldiers, veterans and caregivers.

“The symposium will be extremely informative and fun,” said Col. Deydre Teyhen, commander of U.S. Army Health

Clinic-Schofield Barracks. “After the keynote address, we will host three panels. The first panel will discuss (how) the role that sleep, mindfulness and yoga can have such a positive impact on one’s health.”

The symposium is focused on improving the health of Soldiers, veterans, family members, and caregivers alike.

“We have senior leaders attending the symposium that can implement what they learn here into their units,” stated Teyhen. “We are covering topics such as nutrition and your environment, as well as activity, family and social fitness.”

Retired Sgt. Maj. of the Army Kenneth Preston will kick off the Health Symposium with the opening remarks.

“It’s absolutely amazing to have a former senior leader in the Army still so actively engaged,” said Teyhen. “We are very fortunate and honored that he will be participating in this year’s symposium.”

Tickets are still available at [https://](https://www.eventbrite.com/event/warrior-and-family-wellness-imua-one-team-tickets-34341072071)

[www.eventbrite.com/event/warrior-and-family-wellness-imua-one-team-tickets-34341072071](https://www.eventbrite.com/event/warrior-and-family-wellness-imua-one-team-tickets-34341072071).

Other Na Koa Regatta events include the Na Koa Reception at the Royal Hawaiian Resort on Aug. 17, the Warrior Job Fair at the Hale Koa Hotel on Aug. 18 and the Na Koa Canoe Regatta on Waikiki Beach at Fort DeRussy on Aug. 19.

# Gimlets: Teams go extra mile

CONTINUED FROM A-1

assembling radio equipment, conducting communication checks, participating in a grenade toss and completing medical lane and memory tests.

Upon completion of the obstacles, Gimlets loaded up their rucks and moved back to the starting point on Schofield Barracks to complete their last challenge, a history test.

“Along the way, Gimlets received slips of paper with unit history that they needed to remember,” explained 1st Lt. James Murphy, the officer in charge of the Gimlet Challenge. “The final event, a history test, will help determine which team is the overall winner.”

The event started during the morning physical training hours and concluded around noon. The winning team was awarded Army Achievement Medals and bragging rights as the most



**Soldiers from 1-21st Inf. Regt., 2nd IBCT, 25th ID are participating in the Gimlet Challenge, a physical fitness competition to prove who is the best and which company will earn the right of the Gimlet Drill, July 14.**

knowledgeable and physically fit team during the challenge.

The winning team finished all obstacles and the 10-mile course with a time of 2 hours and 51 minutes. The

team consisted of four Soldiers: Staff Sgt. Bradly Melton, Pfc. Class Aaron Revette, Spc. Pencer Solomon and Pfc. Class Hunter Davis.

While presenting these Gimlets with

their awards, the commander of the 1-21st Inf. Regt., Lt. Col. James Hart noted, “The Gimlet Challenge represented a commitment to the organization to go the extra mile when necessary.”

By completing the Gimlet Challenge, Soldiers were able to touch on their unit history while fostering teamwork and perseverance.

“In the end, the event is really welcoming to new Soldiers,” added Bradley. “Newcomers get a sense of the history of the unit and what the Gimlet Battalion is all about.”

**What is a Gimlet?**

In 1921, Soldiers of Company E, 21st Inf. Regt., organized a club to support regimental athletic teams. They called themselves the Gimlet Club of Royal Rooters and adopted the motto “Bore Brother Bore!”

The gimlet, a small tool for boring holes, became the iconic symbol of toughness for the club, thus the regimental nickname, Gimlet.



# Joint culinary team featured on ‘Sam Choy’s in the Kitchen’

TV episode scheduled for July 23 air date

Story and photos by  
**MAJ. LINDSEY ELDER**  
8th TSC Public Affairs

Joint Team Hawaii is the top culinary team in the Department of Defense and earned the bronze in the American Culinary Federation’s Student Team Competition on July 13 in Orlando, Florida.

But if you couldn’t be in Orlando to see these talented chefs face off against competitors from some of the top civilian culinary programs across the country, don’t fret. There’s an entire episode of “Sam Choy’s In the Kitchen” about the team.

The episode premieres Sunday, July 23, at 6:30 p.m. HST on KHON2 and at KHON’s website. If you can’t see it live, it will be available online at [khon2.com/sam-choys-in-the-kitchen/](http://khon2.com/sam-choys-in-the-kitchen/) on July 24.

Joint Team Hawaii includes Soldiers from 8th Theater Sustainment Command, 25th Infantry Division, 311th Signal Command–Theater, 18th Medical Command, 8th Military Police Brigade, 130th Engineer Brigade, 25th Combat Aviation Brigade, 25th Sustainment Brigade and Airmen from the U.S Air Force’s 15th Wing.

The episode features Joint Team Hawaii creating some of their favorite dishes with professional chefs Sam Choy and John Veneri. There is also some healthy competition when they face off in a food challenge as “Team Salmon” vs. “Team Steak”.

For members of the team, filming was not only fun, but validation of the accomplishments they have made this year in their craft.



Culinary specialists from Joint Team Hawaii prepare a salmon dish while filming an episode of “Sam Choy’s in the Kitchen” with Chef Sam Choy and co-host John Veneri. The episode will air this Sunday, July 23, at 6:30 p.m. HST on KHON2.

It also highlights how the culinary occupational field gives service members the opportunity to pursue professional certification with the American Culinary Federation. Such accreditations can make a world of difference as they transition to their civilian careers.

“For the team and myself personally, it’s a good feeling. It gives you validation of what you’ve been working on. And that people are taking notice. This is a good news story and some great training that translates to the real world,” said Staff Sgt. Renie Arana, advanced culinary non-commissioned officer with the 2nd Infantry Brigade Combat Team, 25th ID.

Arana serves as a senior mentor to Joint Team Hawaii.

Arana also had a very positive experience from working with Sam Choy.

“To see someone that’s local, speak to him about his experience, see where he’s come from and gone in his life, it’s a big thing,” he said.

“I come from a small island too, Puerto Rico. We sat down and talked about what it means to be home: the smell, the sound of the ocean, the coconut trees. So we can definitely bond at that level, but also the love of food and creation,” Arana said.

Footage of the episode will also be featured the next day on “Living 808” from 8 a.m. to 9 a.m. on KHON2 Channel 2, where Chefs Sam Choy and John Veneri will be making a new dish, and discussing their time with the team.

**Watch Joint Team Hawaii**  
The “Sam Choy’s in the Kitchen” episode, featuring JTH premieres Sunday, July 23, at 6:30 p.m. HST on KHON2 and at KHON’s website. If you can’t see it live, it will be available online at [khon2.com/sam-choys-in-the-kitchen/](http://khon2.com/sam-choys-in-the-kitchen/) on July 24.

Left — Staff Sgt. Renie Arana, advanced culinary NCO, 2nd IBCT, 25th ID, talks to Chef Sam Choy during the filming of “Sam Choy’s in the Kitchen”. Arana serves as a senior mentor to the Joint Team Hawaii culinary team.



Left — Joint Team Hawaii members film an episode of “Sam Choy’s in the Kitchen” with Chef Sam Choy and co-host John Veneri.



Photo by Sgt. 1st Class Mark Boyer, 8th Theater Sustainment Command

**Col. Angel M. Feliciano, director of 8th HRSC, 8th TSC, leads the center’s deploying personnel in a ceremonial transfer to the subdued American flag as part of their deployment ceremony on July 13 at the Richardson Theater, Fort Shafter. Approximately 50 members of the 8th HRSC are deploying this month to Qatar and Kuwait in support of Operation Enduring Freedom.**

## 8th HRSC deploys to Qatar, Kuwait

**8TH THEATER SUSTAINMENT COMMAND**  
Public Affairs



FORT SHAFTER, Hawaii — Approximately 50 Soldiers from the 8th Human Resources Sustainment Center, 8th Theater Sustainment Command, have deployed to Qatar and Kuwait in support of Operation Enduring Freedom.

The center’s deployment ceremony took place 10 a.m. on July 13 at the Richardson Theater on Fort Shafter.

It is the fourth deployment for the unit since its creation in 2006. The 8th HRSC coordinates, integrates and synchronizes personnel accountability and strength reporting, casualty reporting, Army postal operations and reception staging and onward movement tracking and analysis throughout the theater as prescribed by Army service component command guidelines.

“The 8th Human Resources Sustainment Center will provide comprehensive and expert theater-level human resource support to Army, Joint and Multinational Forces deployed to the CENTCOM area of operations,” said Lt. Col. James J.T. Morgan, the personnel accountability division chief of the 8th HRSC.

As part of the regular rotation of forces to support this mission, the 8th HRSC will replace the 14th HRSC from Fort Bragg, N.C.



# PTA firefighters response helps contain wildfire

**ERIC M. HAMILTON**  
Pohakuloa Training Area  
Public Affairs

POHAKULOA TRAINING AREA, Hawai'i — Once Pohakuloa Training Area Fire Captain Matt Kaea received the call-out from Hawaii County's Fire Dispatch Center at 12:30 p.m. on July 7, PTA's first four firefighters and two brush trucks arrived at the fire near the Waimea Airport by 1 p.m.

Another group of PTA firefighters and more equipment arrived to the area along Highway 190 at around 4 p.m. and the fire was contained by around 8 p.m. For the next four or five days, firefighting continued until the fire was out, Kaea said. The fire initially began on Hawaiian Homelands and burned about 2,200 acres.

**Maintaining the line**

PTA's assistant fire chief of operations, Karl Hopkins, outlined the response process: "Once we'd emptied our house here, I began to initiate recall – where we call our firefighters who are off-duty to come back in, to continue sustaining the mission at PTA, but also in case the fire threatens PTA.

"Our main area of responsibility was to maintain a hold, so that the fire wouldn't jump Highway 190," he continued. "PTA's firefighters maintained what's called a wet line, preventing grass along the road from burning too high, sending embers and flames across the road and spreading the fire. Wind can fan the flames to as



Photos by Pohakuloa Training Area Firefighter Dathan Lloyd

**PTA firefighters, with help from other agencies, "maintain the wet line," to prevent a brush fire in Waimea on the Big Island from jumping across Highway 190.**

much as 30 feet high, which can cause the fire to jump the road. They did an awesome job of maintaining and holding the line so that the fire didn't jump the road – covering as much as a 2-mile stretch of the highway."

PTA firefighter Chuck Brown said it was the most intense brushfire that he'd ever fought in his entire 27-year career, causing him to use specialized equip-

ment he'd never before needed.

**Team effort**

In a media release, Hawaii County Mayor Kim praised those who teamed up to fight this fire.

"This was a tremendous cooperative effort, where everybody came together to control, contain and put out the fire. I cannot find words to express how much I appreciate everyone's hard work, quick action and the tremendous team system of responding to this fire."

But why are PTA firefighters doing fighting fires off-base? And how were they able to respond so quickly?

"Any time we get a fire on the lower side of Highway 190, there's potential for that fire to spread into PTA," Hopkins said. "Past fires in that same area have jumped the road and began burning in PTA's areas, such as the Keamuku."

But it's more than just protecting PTA from fires near its borders. Cooperation for responses both on- and off-base are determined under "automatic aid" and "mutual aid" agreements, which ensure the fastest possible response.

PTA Fire Chief Eric H. Moller said these agreements have been in place since 2001.

**Other emergencies**

Robert Madrigal, PTA firefighter, said PTA responds under automatic aid agreements for anything that occurs between Mauna Loa and Mauna Kea,

and from Mile Marker 17 on the Daniel K. Inouye Highway to Highway 190, in addition to its mission at PTA, which spans an area a third the size of Oahu.

Madrigal, who has spent half his 27-year firefighting career at PTA, said, "about half our calls may be mutual aid agreement calls," bringing PTA firefighters all over the island.

"Routinely, we've gone to Kawaihae, Waikoloa and Waimea – a lot of places on the island. Over the years, I've been to Ookala," Madrigal said.

Brown said fog contributes to a high rate of traffic accidents along the Daniel K. Inouye Highway, which is a primary reason for call-outs; other reasons PTA firefighters provide automatic aid have included elevation sickness, lost hikers and car problems — in addition to structure fires and wildland fires.

PTA Firefighter Ash Crawford thinks that the cooperation between local, county and federal firefighters and emergency responders works really well.

"Every call I've been on with them, it's all gone well. I've never seen anyone get into a chest match – seeing whose chest is bigger. I'd say the mutual aid agreement works well," Crawford said.

"I think the mutual aid agreement is good because we all need that extra support at times. The mutual aid agreement flows in both directions," Hopkins said. "It's a give-and-take that has at times benefitted PTA, and at other times, the County of Hawai'i."



**News  
BRIEFS**

Send announcements for  
Soldiers and civilian  
employees to editor@  
hawaiiarmyweekly.com.

**21 / Friday**  
**Military OneSource** — This funded Department of Defense program supports service members and their families, including active duty, National Guard and Reserve members. It's your one-stop shop for all things military life related, including information and referral services, non-medical counseling, online resources,

educational materials, webinars, newsletters and outreach teams, 24/7, 365 days a year, at no cost to eligible service or family members.

Hawaii's consultant is Heather Hutchinson at (808) 286-9277 or heather.hutchinson@militaryonesource.com. Visit [www.militaryonesource.mil](http://www.militaryonesource.mil).

**26 / Wednesday**  
**ASIST** — If you're a suicide prevention program representative in your unit, attend the two-day ASIST training on Wednesday-Thursdays, July 26-27, at the Hawaii Army National Guard Armory at Pearl City. If interested, email Brent Oto, suicide preven-

tion program manager, or call 655-9105. Visit [www.garrison.hawaii.army.mil/asap/default.htm?tab=5](http://www.garrison.hawaii.army.mil/asap/default.htm?tab=5).

**27 / Thursday**  
**CoC** — Col. Thomas J. Tickner will assume command of the Pacific Ocean Division, U.S. Army Corps of Engineers, from Brig. Gen. Peter B. Andrysiak at 10 a.m., Thursday, July 27, on historic Palm Circle, Fort Shafter.

**VA Town Hall** — Veterans, their families and survivors are invited to a town hall meeting at the Oahu Veteran Center, from 5-6:30 p.m. Information and resources will be provided, and you can ask

questions about VA health care, benefits and memorial affairs. The center is located at 1298 Kukila St., Honolulu.

**August**  
**9 / Wednesday**  
**Facebook Town Hall** — The quarterly session, 6-7:30 p.m., is hosted by U.S. Army Garrison-Hawaii Commander Col. Stephen E. Dawson. Garrison leaders will be standing by to answer questions and field queries about installation issues. Visit the garrison facebook site at <https://www.facebook.com/usaghawaii/> and submit your questions or


comments in advance.

**September**  
**9 / Saturday**  
**Retiree Appreciation Day** — Event will be held on Sept. 9 at the Nehelani on Schofield Barracks. Doors will open at 8 a.m. Several guest speakers will discuss health care issues and changes that may affect the Army retired community.

Tripler Army Medical Center will be providing flu shots and skin cancer screening. Lunch will be served from noon-1:30 p.m. Reservations and advance payment of \$18 per

person is required prior to Aug. 15. For more, call the Retirement Services Office at 655-1514.

**Ongoing**  
**Reunion** — The Second (Indianhead) Division Association is searching for anyone who served in the Army's 2nd Infantry Division at any time. This year, the association will commemorate the 100th anniversary of the division, which was formed in France during World War I. It will host a reunion in Arlington, Virginia, from Sept. 13-17. Email Bob Haynes at [2idahq@comcast.net](mailto:2idahq@comcast.net).



**Traffic & Outages**

Advisories from Army and Hawaii  
Department of Transportation  
(HDOT) sources. Provides traffic,  
construction and outage information.

(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

**21 / Friday**  
**McNair Gate Closure** — A nighttime closure of McNair Gate, Schofield Barracks, is scheduled through July 21 to upgrade the guard shack. During working hours, parts of Ayres Avenue and McCornack Road leading to the

gate will also be closed.

The closure of McNair Gate will run Sunday-Thursdays nights between 8:30 p.m. and 5 a.m. Foote and Lyman gates will be available as an alternate route for nighttime time access to the base.

**28 / Friday**  
**Airdrome Road** — David Bolland, Inc. and Keeno Farms will be conducting one-lane road closures 8 a.m.-3:30 p.m., Monday-Friday, through July 28 along Airdrome Road from the sewage treatment plant to the flight simulator.

The extension of this traffic control plan is the result of recent changes to a new storm water containment basin at the new box culvert headwall by

the flight simulator and the restoration of Airdrome Road paving into Flight Sim. There will be continued striping repairs resulting from recent sanitary and utility installations.

**Ongoing**  
**Ganhan Road** — Ganhan Road, Wheeler Army Airfield, adjacent Bldg. 107, will be closed at the Wright Avenue entrance. Ganhan Road will be closed throughout the duration of construction occurring at Bldg. 107. Closure will occur through Dec. 18.

**Sasaoka Street** — Two road closures on Sasaoka Street, WAAF, will occur for new sewer line instal-

lation. The work will be performed in two phases through Sept. 30.

For Phase 1, a portion of Sasaoka Street will be closed during the day between 8:30 a.m. and 3:30 p.m., Monday-Friday. Access will still be available for tenants and employees in the area.

For Phase 2, Sasaoka Street will be fully closed at night from 6 p.m.-2 a.m., Monday-Friday. Access for tenants and employees will not be available at night during Phase 2. Saturday and Sunday work will only be performed if absolutely necessary, between 8 a.m. and 5 p.m.

**7th Street & Arty Hill Road** — Through Dec. 29, Fort Shafter contractors will be performing various

road repairs and electrical utility work on 7th Street and Arty Hill Road. Intermittent lane closures will

occur.

Residents will be given advance notice if their driveways will be blocked.



# Suit of future could feature ‘pulleys and gears’

**JOYCE M. CONANT**  
Army Research Laboratory

ABERDEEN PROVING GROUND, Md. — Thanks to a new “suit” being developed by the Department of Defense-funded Warrior Web program, future Soldiers will be able to march longer, carry heavier gear and improve mental sharpness.

The suit has pulleys and gears designed to prevent and reduce musculoskeletal injuries caused by the dynamic events typically experienced in the Warfighter’s environment.

**Testing viability**

Scientists and engineers from the U.S. Army Research Laboratory have been testing variations of the suit for more than three years at the Soldier Performance and Equipment Advanced Research, or SPEAR, facility at Aberdeen Proving Ground.

“We’ve been primarily focusing on the physical benefits of these types of suits, but we’re also interested in the cognitive benefits,” said ARL researcher Dr. Angela Boynton. “We’re hoping that by reducing the physical burden, that they also have the ability to put more energy into other types of tasks that involve cognitive or perceptual workload.”

The project, funded by the Defense Advanced Research Projects Agency, or DARPA, has many partner organizations across the DOD and academia.

The U.S. Army Natick Soldier Research, Development and Engineering Center, the Maneuver Center of Excellence, the Army Capabilities Integration Center and the Military Operational Medicine Research Program met at ARL’s SPEAR in June for a soft “exosuit” demonstration and to discuss the path forward for the Army’s Warrior Web Program.

**“Five to 10 years”**

The program, which is funded by DARPA, is coming to an end; however, researchers hope to find future collaborators to expand on the progress gained in the current program iteration.

“In the longer term, the systems have benefits to be integrated into larger Soldier systems and can be integrated with other capabilities to provide a marked advantage for our Soldiers and our warfighters in the future,” said Maj. Christopher Orlowski, DARPA’s Warrior Web program manager. “I think it will



U.S. Army photo by David McNally, U.S. Army Research Laboratory Public Affairs

**Dr. Courtney Webster makes adjustments to the Warrior Web physical augmentation suit from Harvard’s Wyss Institute in Boston. The research, funded by DARPA, and tested at the U.S. Army Research Laboratory holds great potential, officials said.**

take at least another five to 10 years to be ready for the infantry Soldier.”

A team of researchers from Harvard’s Wyss Institute in Boston, led by Dr. Conor Walsh, associate professor of engineering and applied sciences at the Harvard biodesign lab, attended the meeting that was held in conjunction with ongoing testing at ARL. Walsh and his team have been working on and testing their prototypes on Soldiers since 2014.

“The meeting was a good opportunity for our team to summarize the progress we have made as part of the DARPA Warrior Web Program to other Army stakeholders and get their feedback on how they see the technology and what further work remains to continue to optimize it,” Walsh said.

Walsh said the latest version of the “exosuit” tested at ARL is the result of his team’s system integration efforts over the past year. He said the system is much more user friendly as compared to early prototypes and includes improved functional apparel attachments to the body, control systems that adapt to each individual, and actuation systems that are quiet and compact.

Edwin “Eddie” Davis, director of the Maneuver Battle Lab, Capabilities Development Integration Directorate Maneuver Center of Excellence, said he was impressed by what he observed and that Soldiers should have a say in what kinds of equipment they will use in combat.

“Warrior Web is a perfect example where engineers and Soldiers work together ‘early and often’ to develop a capability that might be useful for the future,” Davis said. “It also helps speed up the technology transition and program acquisition. Soldier feedback will help



U.S. Army photo by Ron Carty

**A Soldier wears an exosuit while on a treadmill at a U.S. Army Research Laboratory facility at Aberdeen Proving Ground, Maryland.**

frame the Warrior Web Program outcomes and future Army investment.”

**Collaborating for the future**

Henry Girolamo, NSRDEC program manager for the Warrior Web project, has been with the project since its inception.

“What we’re trying to do here is collaborate, so we can keep it going in a beneficial way for the Army and the services,” Girolamo said.

Girolamo noted that the SPEAR facility has been highly beneficial.

“We have an indoor lab capability where we can instrument up the Soldiers and keep them in an environment where you can just get pure data on things like treadmills, motion capture and be able to analyze everything in the lab,” he said. “You can take them out on a three-mile course where it’s more aligned with the environments in which they would be working. We’ve got the best of both worlds.”

Walsh and his team agree.

“Our team has benefited greatly from working with the ARL team and Soldiers. We get to evaluate the system with potential end users who are walking significant distance on the treadmill and over ground,” Walsh said. “The feedback we get also informs our ongoing research and developments as we continue to refine the prototypes. Our team is interested in furthering the scientific understanding of how to best optimize these systems for individuals as well as refining the technology by creating more integrated systems suitable for everyday wear.”

**About ARL**

The U.S. Army Research Laboratory, currently celebrating 25 years of excellence in Army science and technology, is part of the U.S. Army Research, Development and Engineering Command, which has the mission to provide innovative research, development and engineering to produce capabilities for decisive overmatch to the Army against the complexities of the current and future operating environments in support of the Joint Warfighter and the Nation. RDECOM is a major subordinate command of the U.S. Army Materiel Command.



## PAU HANA

"When work is finished."

Ten-Miler ...  
OR BUST

## RESULTS

## Men's Open

1ST LT. COLTON BARBER,  
HH Bn., 25th ID, 1:01:27.5  
1ST LT. ADAM IRONS  
2nd Sqdn., 14th Cav., 1:01:58.0  
CAPT. JAMES HODGES  
2IBCT, 25th ID 1:02:18.7  
SGT. GUADALUPE TORRES,  
25th CTC, 524th CSSB,  
25th Sust. Bde., 1:02:34.6  
1ST LT. CORTLAND HENDERSON  
130th Eng. Bde., 1:02:54.7  
CAPT. BRYAN LAGASSE  
A Co., 1st Bn., 27th Inf., 2nd  
IBCT, 25th ID, 1:04:34.8

## Alternates:

CAPT. JONAS BYLER  
C Co., TAMC, 1:04:44.6  
SPC. JOSHUA CHAPMAN  
57th MP Co., 728th MP Bn., 1:06:06.5

## Women's Open

1ST LT. MICHELLE FONT  
57th MP Co., 728th MP Bn., 1:06:47.8  
1ST LT. RACHEL KING  
65th BEB, 1:09:31.2  
2ND LT. DANIELLE JOHNSTON  
8th TSC, 1:11:06.5  
CAPT. MAIA PARIS  
D Co., 3-25 Avn. Regt., 1:13:25.  
1ST LT. KIRA HEARTWICK  
A Co., TAMC, 1:14:36.2  
1ST LT. TIFFANY TANG  
19th MP Bn., CID, 6th MP Group 1:15:38.7

## Alternates:

1ST LT. ALEXANDRIA MCCAMPBELL  
TAMC, 1:15:46.0  
CAPT. FELICIA HEISLER  
DISA PAC, 1:16:45.8

## Mixed Masters (40 and over)

CAPT. JOHN DIGIOVANNI  
3rd Battalion, 25th Avn. Regt., HHC,  
25th CAB, 1:00:59.1  
COMMAND SGT. MAJ. JARED IRELAND  
2nd Bn., 11th Field Artillery Regt.,  
25th ID, 1:07:04.5  
COMMAND SGT. MAJ. THOMAS MARNOCH  
325 BSB, 3IBCT, 1:07:32.0  
COL. DEYDRE TEYHEN  
USAHC-SB, 1:16:27.2  
STAFF SGT. CHRISTOPHER BOYER  
C Company, 225 BSB, 1:17:41.2  
LT. COL. RACHEL WIENKE  
18th MEDCOM (DS), 1:20:39.8

## Alternates:

COL. STEPHEN DAWSON  
USAG-HI, 1:20:51.8  
CWO4 MAURICE CONNER  
25th Sust. Bde., 1:22:17.9

Hawaii runners compete  
for place in national race

Story and photos by  
**KRISTEN WONG**  
Contributing Writer

SCHOFIELD BARRACKS — Active duty Soldiers competed Saturday here in an effort to become a member of three teams representing U.S. Army Garrison-Hawaii at the prestigious Army Ten-Miler (ATM) in Washington, D.C., in October.

Family, friends and members of the Family and Morale, Welfare and Recreation Directorate cheered on racers during the 9th Annual Army Ten-Miler Hawaii Qualifier.

At Richardson Pool before the sun came up, runners warmed up and stretched before the big run.

After a cannon-fire start, racers ran the course down Lyman and Trimble roads twice, ending at Weyand Field. The majority of the sweat-laden racers crossed the finish line within two hours. They rested with granola bars, yogurt, mandarin oranges and sports drinks. Awards were given to the first, second and third place overall winners as well as in each age category. The qualifiers additionally received an ATM plaque.

The three Hawaii teams chosen for the ATM were the Commander's Cup Active Duty Female, Commander's Cup Active Duty Male and Active Duty Masters Mixed teams. The female team was made up of six female Soldiers and two alternates. The male team was made up of six male Soldiers and two alternates. The Active Duty Masters Mixed team was made up of six Soldiers, male and female, ages 40 and over, including Col. Stephen E. Dawson, commander, USAG-HI.

## Taking home gold

The first place overall female winner and a qualifier for this year's ATM was 1st Lt. Michelle Font, the executive officer for 57th MP Co., 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command. This was her third qualifier and the third time she qualified, having run the ATM once for Korea and once for Hawaii.

"I really appreciate the weather cooperating," she said. "Last year was blazing hot."

With encouragement from friends who were also registering, Font said she first tried the qualifier while stationed in Korea.

To prepare for this year's qualifier, Font trained in CrossFit. She also trained with U.S. Army Special Operations Recruiting Hawaii for two months, which she found really helpful. She said she was happy with her time this year.

"This is a new (personal record)," she said "(My qualifier time was) definitely faster than when I ran D.C. last year."

One of the six male qualifiers was Capt. James "Jimmy" Hodges, brigade assistant S-3, Current Operations,

2nd Brigade Combat Team, 25th Infantry Division, who competed in the qualifier for the first time this year. Though he said he has always been a runner, he wasn't able to participate before because he was either deployed or training. Hodges trained for 12 weeks, running and strength training.

"It was a good course," he said. "It was extremely fast at the beginning ... it's a very challenging course since it's essentially half uphill, half downhill and then it finishes uphill, so, it's more challenging than your average qualifier course."

Hodges said he was excited to represent 25th Infantry Division, his brigade and battalion, in Washington, D.C.

Qualifying for the ATM for the second year in a row was 1st Lt. Tiffany Tang, a Soldier with 19th MP Bn. Criminal Investigation Detachment, 6th MP Group. Tang said she has been training since last year, repeatedly running the qualifier course. Her efforts paid off as she shaved off two minutes off last year's time.

While participating in the ATM in D.C., she said she was not used to the cold weather, having grown up here in Hawaii. What's more, the runners went in waves, which meant some stood in the cold for at least an hour before starting.

"I'll be more prepared this time around," she said. "I'll bring a trash bag to the start line just to stay warm."

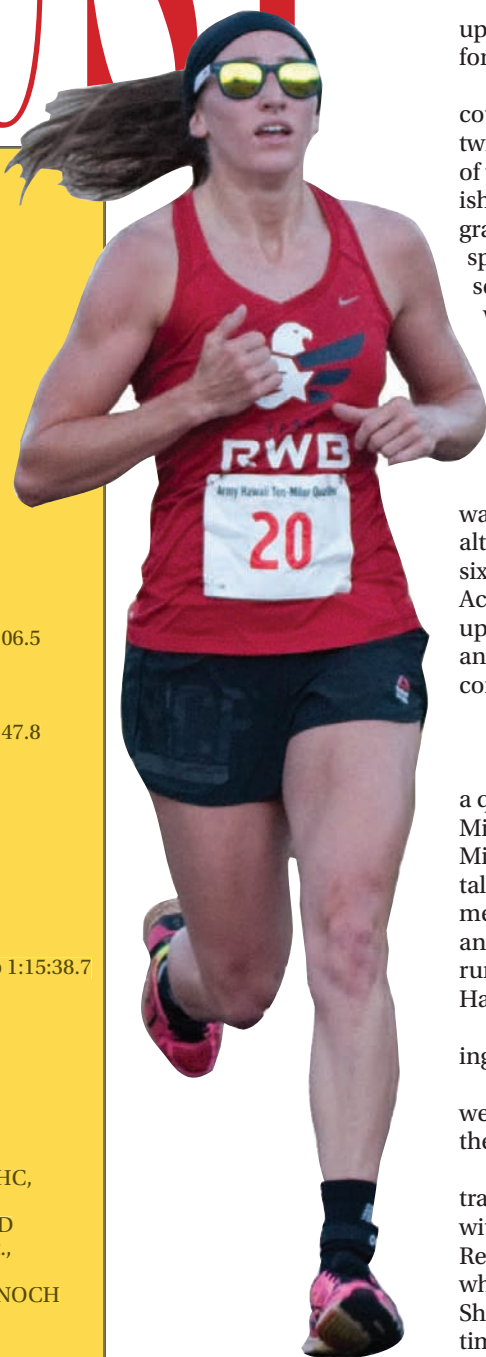
## "Fierce competition"

This year's Army Ten-Miler qualifier brought fierce competition," said Kristy Osborn, the Sports Specialist & Fitness coordinator at the Schofield Health and Fitness Center. "Although non-active-duty Army runners were allowed to participate in this year's qualifier, 12 of the top 13 finishers were in fact active duty Army, and 11 of those soldiers became Hawaii Team qualifying members."

Osborn said the 150 runners registered this year were far more than previous years. She added that the MWR team wishes the Hawaii Army competitors good luck in D.C. She said the organization is grateful to the participants for their support and praised their enthusiasm for fitness.

## More online

The 33rd annual ATM is scheduled for Oct. 8 at 8 a.m., at the Pentagon in Washington D.C. The general public is also eligible to run in the ATM. A maximum of 35,000 runners are allowed to participate. For more information, visit [www.armymilen.com](http://www.armymilen.com).



Above — 1st Lt. Michelle Font, the executive officer for 57th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, captures first place in the overall female category.



Capt. John DiGiovanni, of 3rd Battalion, 25th Aviation Regiment, Headquarters and Headquarters Company, 25th Combat Aviation Brigade, takes first place in the male overall category.



Participants take off from the starting line during the qualifier, Saturday.



Members of the three U.S. Army Garrison-Hawaii teams that will be heading to Washington D.C. for the Army Ten-Miler pose for a photo. The Commander's Cup Active Duty Men team and Commander's Cup Active Duty Women team each had six Soldiers and two alternates. The Active Duty Masters Mixed team included six Soldiers and two alternates ages 40 and over.





Briefs

21 / Friday

**AFTB Level K: “Military Knowledge”** — Two-day class held at HMR Community Center from 5:30-8:30 p.m. Training focuses on knowledge of military and Army programs, Army acronyms, community resources, and personal and family preparedness. Call 655-4227.

**It Takes Two (For Couples)** — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem-solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

**EFMP Sensory Movie Day** — Held at FS Community Center from 1:30-3:30 p.m. Limited seating up to 20 people. Call 655-4227.

**BOSS Lifeskill Event** — CPR Training at Tripler Pool. Call 352-223-6370.

**Smoke House Day** — Two kinds of ribs, barbecue chicken, smoked pork sliders and beef brisket, plus corn bread, baked beans and plenty of coleslaw at FS Hale Ikena. Call 438-1974.

**Family Nite** — Make an acrylic painting on a 12-by-16-inch stretched canvas with SB Arts & Crafts Center from 4:30-6:30 p.m. Preregistration is required. All supplies included. Children 12 and younger must be accompanied by an adult. One canvas per family. Additional canvases available for purchase. Call 655-4202.

23 / Sunday

**BOSS Event** — Virtual Reality Gaming held at SB Tropics. Call 352-223-6370.

24 / Monday

**Stress Solutions** — Held from noon-1 p.m. Regular workshops identify the causes of stress and how it affects our lives. Learn coping techniques, such as positive self-talk and how to not take things personally, while being introduced to a

TUESDAY OPEN HOUSE



Courtesy photo

**SCHOFIELD BARRACKS — Join the 52nd birthday celebration at SB ACS from 1:30-3:30 p.m., July 25. Call 655-4227.**

variety of relaxation techniques. Call ACS ,655-4227.

**Million Dollar Soldier Refresher** — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m.

Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

**Employment Orientation** — New to the island and looking for employment?

This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu.

Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment.

Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education.

Call 655-4227 to register.

25 / Tuesday

**10 Steps to a Federal Job** — Walk through the steps to create an effective targeted federal resume, 1-4 p.m., at SB ACS, and successfully manage the application process.

To sign up, call 655-4227.

26 / Wednesday

**Play Mornings at ACS** — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

**Aquatic Safety Explorer Program** — Learn the fundamentals of aquatics safety, CPR/AED and first aid, standup paddleboarding and kayaking at SB Richardson Pool, July 26-30, from 9 a.m.-5 p.m. Class sizes limited to 20 children, 11-14 years old.

Children must be able to swim 25 meters freestyle, 24 elementary strokes without stopping, tread water for two minutes, and retrieve an object from the bottom of the pool, between depths of 7-12 feet.

Registration is July 24-25. Call 655-9698.

**Soul Food Day** — Sample barbecue ribs, fried chicken and catfish, plus other soulful favorites at FS Hale Ikena. Call 438-1974.

27/ Thursday

**FRG Key Contact Training** — Designed to provide training in key contact duties, commu-

nicating with family members, dispelling rumors, handling crisis calls, etc. It also shows Key Contacts how they fit into a successful FRG. 5-7 p.m. at SB, ACS. Call 655-4227.

**Basic Investing & TSP** —

The best time to start investing is now. Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds, and mutual funds at SB ACS Office from 10-11:30 a.m. Call 655-4227.

**Family Support Night** — Join

other Surviving Families from 5-8 p.m. at the SB SOS Center. Dinner will be served. Activities available for all ages. Families are welcome to bring and share their favorite dish. Call 655-4227.

28/ Friday

**Parole in Place/Green Card**

— Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center (SFAC), 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

**Citizenship Workshop** —

Held at SB SFAC from 1-2:30 p.m. Determine if you have met the permanent resident requirements of the U.S. immigration law and receive step-by-step instruction on the process of becoming a U.S. citizen. Call 655-4227.

**Net a job** — Build your network by using social media and develop your LinkedIn profile at SB ACS, 10-11 a.m. Call 655-4227.

**Parenting 101** — Take your parenting to the next level. Discover current best practices and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

**Back to School Expo** — Held at SB Kaena Community Center from noon-3 p.m. Call 655-8326.

**Hawaiian Lunch Buffet** — Held at SB Kolekole Bar and Grill from 11 a.m.-1 p.m. for \$14.95/person. Call 655-4466.

**Hawaiian Lunch Buffet** — Held at FS Hale Ikena from 11 a.m.-2 p.m. for \$14.96. Call 438-1974.

**Paint and Sip** — Painting class at SB Tropics from 7-9 p.m. Preregister by calling 655-5698.

families with at least one person dressed in Amelia or historical aviation attire. Free Ford Island shuttle from the Pearl Harbor Visitor Center from 8 a.m.-5 p.m.

28 / Friday

**Comic Con Honolulu 2017** — Hawaii Convention Center hosts three-day experience featuring fan panels, industry guests, video games, table top games, local artists and licensed merchandise dealers. Visit comicconhonolulu.com.

29 / Saturday

**Blood Bank of Hawaii Blood Drive** — Donate blood at Pearlridge Center, Saturdays, July 29 and Aug. 5, from 7:30 a.m.-12:30 p.m., downtown in the parking lot fronting Chili's Grill & Bar. Call 484-4770 to schedule your donation appointment.

**Ready2React Emergency Preparedness** — Featuring the largest collection of emergency vehicles and equipment on public display on Oahu, Ready2React brings preparedness experts together to help ready residents for emergencies or disasters that may affect Oahu, 10 a.m.-2 p.m. Pearlridge Uptown and Downtown Center Courts, in addition to the parking area outside of T.J. Maxx.



Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

- AMR: Aliamanu Military Reservation Chapel  
FD: Fort DeRussy Chapel  
HMR: Helemano Chapel  
MPC: Main Post Chapel, Schofield Barracks  
PH: Aloha Jewish Chapel, Pearl Harbor  
SC: Soldiers' Chapel, Schofield Barracks  
TAMC: Tripler Army Medical Center Chapel  
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers' Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)

community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

21 / Friday

**The Little Mermaid** — Disney's "The Little Mermaid" is staged through Aug. 6, Thursdays through Sundays, at Diamond Head Theatre, 520 Makapuu Ave., Honolulu. Visit [diamondheadtheatre.com](http://diamondheadtheatre.com).

**Drunk Driving Prevention Program-Oahu** — DDPP will drive you home completely free of charge. And, if you'd like, the DDPP will also drive your car home for free. You can avoid impaired driving! DDPP's Hawaii chapter (with volunteers from Schofield Barracks) are taking pickups and more volunteers. Call 888-7407 or visit [ddpp.us](http://ddpp.us).

22 / Saturday

**SB Kolekole Walking-Hiking Trail** — The trail is open for hiking this weekend.

**Camp Smith Grueler 5K** — Join the Marines at Camp H.M. Smith for a challenging, scenic 5K at 7 a.m. The course will start and finish at Bordelon Field,

overlooking a scenic view of Pearl Harbor and incorporating a grueling partial trail run.

Online registration is closed. Military ID cardholders may still register at Semper Fit Center at Marine Corps Base Hawaii, Kaneohe Bay, Gen. Louis H. Wilson Fitness Center, Camp Smith or at the race location the morning of the event. Late registration is \$35.00 and T-shirts are not guaranteed.

**Na Mele O Ko Olina** — Some of Hawaii's best slack key and 'ukulele musicians, as well as 40 Hawaiian artists, showcase their talents and artwork.

Event is scheduled from 9 a.m.-5 p.m. at the Marriott Ko Olina Beach Club. Call 696-5717.

**Bon Dance** — Event is at Waianae Hongwanji Mission, 85-762 Old Government Road, at 7 p.m. Many temples also concurrently hold a cultural and food bazaar providing a variety of cuisine and art.

Visit [hongwanjihawaii.com](http://hongwanjihawaii.com). Call 677-4221.

**Queen Liliuokalani Keiki Hula Competition** — The three-day showcase continues Friday and Saturday at 6 p.m. at the Neal Blaisdell Arena, 777

Ward Ave. Tickets available at [keikihula.org](http://keikihula.org).

**Goodwill Goes GLAM!** — Blaisdell Exhibition Hall hosts, 7-10 p.m., for \$30, to raise funds. Visit [www.higoodwill.org/glam](http://www.higoodwill.org/glam).

**Kuhio Beach Hula Show** — It's 6:30-7:30 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, beachside at Uluniu and Kalakaua avenues in Waikiki, weather permitting.

Outdoors casual setting offers seating on the grass, beach chairs, mats are OK. Cameras welcome. For more details, call 843-8002.

24 / Monday

**Blood Drive** — Visit the SB Exchange, 11 a.m.-4 p.m. Donations support Tripler Army Medical Center, deployed service members, military missions and their families. Call 433-6699.

**Amelia Earhart** — Pacific Aviation Museum, Ford Island, hosts a birthday celebration, 11 a.m.-1 p.m. Visitors will enjoy free cake and juice, while exploring the exclusive "Amelia Earhart in Hawaii" photo exhibit. Free with museum admission and free to museum members. Free admission all day to

and Recreation  
FRG: Family Readiness Group  
FS: Fort Shafter  
HMR: Helemano Military Reservation  
IPC: Island Palm Communities  
PFC: Physical Fitness Center  
SAC: School Age Center  
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills  
TAMC: Tripler Army Medical Center  
USAG-HI: U.S. Army Garrison-Hawaii  
USARPAC: U.S. Army-Pacific  
WAAF: Wheeler Army Airfield



The Beguiled (R)

Friday, July 21, 7 p.m.

Cars 3 (G)

Saturday, July 22, 4 p.m.



The Book of Henry (PG-13)

Saturday, July 22, 7 p.m.



All Eyez On Me (R)

Sunday, July 23, 4 p.m.

Closed Monday through Thursday.

**Calendar abbreviations**  
8th TSC: 8th Theater Sustainment Command  
25th ID: 25th Infantry Division  
ACS: Army Community Service  
AFAP: Army Family Action Plan  
AFTB: Army Family Team Building  
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA  
BCT: Brigade Combat Team  
CDC: Child Development Center  
CYSS: Child, Youth and School Services  
EFMP: Exceptional Family Member Program  
FCC: Family Child Care  
FMWR: Family and Morale, Welfare





Photo by Capt. Charles Vorasingha, 225th Brigade Support Battalion, 2nd Infantry Brigade Combat Team, 25th Infantry Division

Sgt. James Ng, a Soldier with Headquarters and Headquarters Company, 225th BSB, 21BCT, 25th ID, trains a Nanakuli Elementary School student on tactically high-crawling under simulated barbed wire as part of an obstacle course, July 7. The obstacle course and other activities are designed to energize the students into getting ready for the school year.

# 21BCT ‘Dragons’ bond with Nanakuli community

**SGT. DAVID BECKSTROM**  
2nd Infantry Brigade Combat Team  
Public Affairs  
25th Infantry Division

NANAKULI — Soldiers from the 225th Brigade Support Battalion, “Dragons,” 2nd Infantry Brigade Combat Team, 25th Infantry Division, participated in Nanakuli Elementary School’s annual Summer Bash. The school is located on the west coast of Oahu.

Last year, Nanakuli Elementary partnered with the 225th BSB to create this event to boost early registration for kindergarten and increase overall enrollment.

While the Summer Bash started off as a way to bolster the student body through early registration, it quickly evolved into a fun event for the whole community.

“We wanted families to come to the school early, and we thought a good way of attracting them was to give away school supplies,” said State Rep. Andria Tupola, who represents District 43 in the Hawaii State House of Representatives. “We decided to have booths full of school supplies and others where they could learn, get free books and get educational tips.”



Photo by Capt. Charles Vorasingha, 2nd Infantry Brigade Combat Team, 25th Infantry Division  
**Pvt. Nicole Moss, a Soldier with HHC, 225th BSB, 21BCT, 25th ID, provides computer support to a Nanakuli Elementary School student during the school’s 2017 Summer Bash, July 7. The event prepares children and families for the upcoming school year by offering free school supplies and fun and educational games.**

Over 20 sponsors and vendors from around the Nanakuli area participated in this year’s Summer Bash on July 7. The focus was on health, wellness and litera-

cy, and local businesses donated school supplies, offered discounted haircuts and promoted healthy living. “It was a joint initiative with Rep.

Tupola and our school,” Lisa Ann Higel, Nanakuli Elementary School’s principal, said. “Let’s help families with some school supplies when they come. To do this, we needed some vendor support. That made it grow into, ‘Let’s have some health, wellness and literacy booths,’ turning it into a kickoff event before school starts.”

Children were encouraged to play games and rewarded with free books. Soldiers from the 225th BSB lent a hand by running some of the game booths and playing with the keiki.

To help promote active lifestyles and to energize the community, Dragon Soldiers set up an obstacle course for the children. The course consisted of events such as sprints, pushups, sit-ups, hula hooping, high crawling under simulated barbed wire and a sack race.

“It’s always an honor and privilege to serve in the communities we live in,” said Capt. John Szpyrka of the 225th BSB. “As Soldiers, we want to be a part of those communities. Participating in events like this allows us to show a small token of our appreciation to the permanent residents who host us around this great nation and the rest of the world.”

# Scholarships for Military Children awards 700 grants

**MIKE PERRON**  
DeCA public affairs specialist

FORT LEE, Va. — Attending college just got more affordable for 700 sons and daughters of active duty, retired, National Guard and Reserve military commissary customers. Each was competitively selected to receive a \$2,000 grant from the Scholarships for Military Children program.

The program, created in 2001, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary’s role in enhancing military quality of life. It’s administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

Four student-scholars from U.S. Army Garrison-Hawaii, through the Fisher House Foundation, received grants.

**Applications rise**  
“Overall scholarship applications were up about 8 percent over last year,” said Jim Weiskopf, Fisher House Foun-

dation vice president. “We were also pleased to see an increase in overseas applications, with a resulting increase in the number of recipients living in overseas areas.”

“The stores did a great job communicating the availability of the scholarship,” said Marye Dobson, Defense Commissary Agency liaison for the program. In all, there were 4,876 qualified applicants this time around.

No government funds are used to support the program. DeCA’s industry partners — vendors, manufacturers, brokers and suppliers — as well as the general public donate money to fund the program, and every dollar donated goes directly to funding the scholarships.

The contributions go to Fisher House Foundation Inc., which treats each as a “restricted donation.” The foundation in turn contracts with Scholarship Managers, a professional scholarship management firm, to evaluate the applications and select the best qualified as awardees.

The number of scholarship awards each year is based on funds available,

but the program awards at least \$2,000 at each military commissary. If there are no eligible applicants from a given commissary, the funds designated for that commissary are awarded as an additional scholarship at a different store.

**Planning for 2018**  
Planning for next year’s program will begin soon, and the announcement of open dates to apply is usually made in the fall.

One of the side benefits of visiting the [militaryscholar.org](http://militaryscholar.org) website is the recent addition of a comprehensive scholarship search engine. “

Many applicants use the free scholarship search engine offered by Fisher House Foundation, enabling them to see what other scholarship programs they might qualify for,” said Weiskopf.

To be eligible to apply for a scholarship, a student must be a dependent, unmarried child, younger than 21 — or 23, if already enrolled as a full-time student at a college or university — of a service member on active duty, reservist,

guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree.

**Eligibility**  
Applicants should ensure that they and their sponsors are enrolled in the DEERS database and have a current military ID card.  
Applications will be available in commissaries worldwide and online at [www.militaryscholar.org](http://www.militaryscholar.org).

**Schofield Barracks awardees**  
*Sponsored by the Fisher House Foundation*

- Erin Chase
- McKennah Drury
- Anissa-Napualani Guillermo
- Penina Savelio

The complete list of this year’s winners is posted at <http://www.militaryscholar.org/sfmc/winners17.html>.

# New commissary brands hit shelves, including in Hawaii

**KEVIN L. ROBINSON**  
DeCA public affairs specialist

FORT LEE, Va. — The era of the commissary brand has started with private label products now on stateside shelves and beginning to flow to overseas stores.

“There’s a lot of attention on the savings private label products can provide,” said Chris Burns, the Defense Commissary Agency’s executive director of business transformation. “Our patrons have seen these products in other stores, and they’ve overwhelmingly asked us to carry store brands. Well, now they can see these products at their commissary.”

Varieties of commissary brand products will differ from store to store depending on store size and location - shipping times overseas are about six weeks behind the states. Some stores overseas have started receiving commissary brands, and all are on pace to receive their initial inventory no later than the latter part of July.

To date, all stateside commissaries, including Alaska and Hawaii, are selling HomeBase kitchen and trash bags,



Courtesy photo

**Commissaries, including Hawaii, are beginning to stock private-label brands for items such as trash bags.**

and TopCare products such as first aid supplies, vitamins, over-the-counter medications and beauty care. Top Care is a store brand available at many retailers and supplied to the commissaries by Topco Associates through an agreement with SpartanNash.

All stateside stores, except for those in Alaska and Hawaii, are selling Freedom’s Choice bottled water. The increased cost to ship bottled water from the

continental U.S. to Alaska and Hawaii will delay Freedom’s Choice water in those states while SpartanNash develops a partnership with local sources. Appropriated funding for shipments to Alaska and Hawaii are not included in DeCA’s transportation budget.

Stores in Europe will not receive Freedom’s Choice bottled water because DeCA will continue receiving water supplied by AAFES’ water packaging operation in Germany and other local sources.

Burns emphasized that DeCA’s goal is for its commissary brand products to be equal to or lower in price compared to commercial grocery store brands. “Our patrons can be confident that our products will provide the quality they expect and the savings they deserve.”

Store brand products, also known as private label, are offered by retailers under their own, in-house brand or under a brand developed by their suppliers. Retailers are able to do this by working directly with suppliers.

DeCA is partnering with SpartanNash to develop the agency’s commissary brands. SpartanNash, through its

military division MDV, is the leading distributor of grocery products to military commissaries in the United States.

Over the next three to four years, patrons will see the gradual rollout of Freedom’s Choice, HomeBase and TopCare products in their commissaries as DeCA plans to increase the commissary brand inventory to about 4,000 items.

Burns said DeCA is planning with SpartanNash on the next wave of commissary brand items such as rice and dry beans, foam and plastic plates, shelf stable juices, water enhancers and powdered soft drinks, paper towels and bath tissue in the fall.

“Our commissary brands offer our patrons another chance to save money, without sacrificing quality,” Burns said.

**More online**  
For more information on DeCA’s commissary brand program, go to [https://commissaries.com/documents/contact\\_deca/faqs/private-label.cfm](https://commissaries.com/documents/contact_deca/faqs/private-label.cfm).



# Consider offering kindness in discouraging times

**CHAPLAIN (CAPT.) DAN CHASE**  
Battalion Chaplain  
1st Battalion, 27th Infantry Regiment  
SCHOFIELD BARRACKS — Would you like to change the world? So would I. And it’s not as hard as you’d think.

At least that’s the lesson Evan Baxter learned in Universal Pictures’ “Evan Almighty.”

After quitting his job as a broadcast journalist and moving from New York to Virginia to begin his career as congressman, Baxter, played by funnyman Steve Carell, touts that he and his campaign will change the world. Struggling to find balance between his family and his demanding job, he prays and experiences a number of inexplicable events that direct him to build an ark.

After a period of complete skepticism and defiance, Baxter is convinced of the divinity of God, played by Academy Award winner Morgan Freeman, and the work begins. At the end of the film, the ark delivers residents and animals from



Chase

“the flood” following the break of a nearby dam. As God and Baxter meet one final time, God asks the congressman, “So, how do we change the world?” Smiling, the ark builder replies, “One act of random kindness at a time.” God repeats his answer, using a stick to draw in the dirt three simple letters: A-R-K.

**Fighting discouragement**

In an increasingly wicked and immoral world, we can easily become discouraged and upset with humanity’s treatment of each other. And I’m not just referring to serious crimes such as murder or abuse.

Even seemingly harmless acts such as belittling others or experiencing road rage can disappoint or dishearten us. With daily news reports hitting our feeds with one depressing story after another,

we certainly don’t need an additional figurative serving of unwanted MRE ratatouille on our plates. And others don’t need it either. In other words, we, too, must become aware of how we mistreat others and resolve to follow the golden rule. It’s time to turn to kindness.

Imagine what London commuters felt in November 2013, when they read this message on an Earl’s Court Station sign: “You ... yes you. The one reading this. You are beautiful, kind, sweet, amazing and simply the best at being you. Never forget that.” While it may have taken a minute to write, it likely impacted thousands of people. A simple ARK.

**Simple kindness**

As demonstrated above, kindness need not take a lot of planning. Nor does it need to be an extravagant gift such as the \$10,000 check TV host Ellen DeGeneres gave a waitress after picking up the tab of two female New Hampshire Army National Guardsmen who worried

out loud about getting paid during the government shutdown in 2013.

Kindness can be as simple as offering a smile to a stranger, giving an encouraging word, letting someone in front of you while driving, or speaking positively about a Soldier when others attempt to ridicule them. The sky is truly the limit.

While most of us will not receive financial compensation for our deeds – nor should we expect it – research has shown that kindness results in a variety of benefits. Not only does the immune system receive a boost, but the body produces more of the neurochemical serotonin, the “happy hormone” responsible for transmitting feelings of pleasure to the brain. Kindness can also lessen our chronic pain, and alleviate stress and insomnia.

The Dalai Lama said, “My religion is simple. My religion is kindness.”

He has certainly changed the world. Can we? You bet! With one act of random kindness at a time.

## Diva-dog tale offers cautionary pet-sitting experience

When you’re a military family stationed in Timbuktu, you can’t rely on relatives to watch your pets when you’re on vacation.

Our military family has learned that trading pet care favors with friends isn’t always the best alternative. There was that time I completely forgot to feed a fellow military spouse’s cat over a long weekend (the kitty lived and somehow we’ve remained friends). Still, our family happily exchanged pet-related favors with our military friends for many years.

That is, until we met P’Nut.

We were stationed at Naval Station Mayport, Florida, and P’Nut was a 7-pound pomeranian-chihuahua mix owned by our base neighbor, Tara.

P’Nut ate a quarter cup of kibble a day and Goldfish crackers as doggie treats. During the day, she lounged in a skillet-sized doggie bed, and thought a long walk constituted a trip to the mailbox and back. At night, P’Nut was carried to a pink crib beside Tara’s bed.

By contrast, our labradoodle, Dinghy, was 110 pounds, with a perpetually dripping beard. He scarfed five cups of food a day, along with whatever he found while rooting through the bathroom trash. His four daily walks were measured in miles, and Dinghy was infamous for dragging his walker when he spotted a cat, lizard, sand crab, bird or butterfly. His favorite place to sleep was curled around the cool base of the toilet.

And as Tara learned the week she agreed to take care of him while we were on vacation, Dinghy had a surprisingly delicate digestive system. Apparently, Dinghy’s “business” was the consistency of Grey Poupon the entire week we were gone.

By the time we returned from our trip, our entire base-housing neighborhood was talking about Tara’s ordeal, so when she asked me to walk P’Nut one afternoon, I jumped at the chance to return a favor.

Following Tara’s specific instructions, I opened



her garage door and entered the laundry room at exactly 5:30 p.m., then carefully scooped exactly one-quarter cup of kibble into P’Nut’s tiny food dish.

As instructed, I informed P’Nut that it was “time to go outside” and led her into the open garage. While making soothing noises, I approached P’Nut with the tiny, rhinestone-studded leash.

Just as I was thinking what a piece of cake this favor was turning out to be, P’Nut’s minuscule black lips peeled back from her needle-like teeth and she lunged for my fingers. I sprang backward and let out an embarrassing shriek.

Chalking the incident up to a fluke, I cooed, “Does widdle P’Nut wanna go on a wiky-walk? Oh, yes you do, you sweet little th.... AHHHHH!”

Relieved to find my fingers intact, I decided to ask the next-door neighbors

for assistance. I told them how sweet little P’Nut was attempting to sever my limbs with her razor-sharp teeth. The husband, a burley Navy helicopter pilot, stepped confidently toward P’Nut, declaring, “Oh, I’ll pick her up – how hard can it be?”

What happened next can only be described as mayhem. P’Nut flashed her fangs and dashed around the garage squealing like a pig while the pilot, his wife and I gave chase. When the dust settled, the pilot was back on his porch, yelling, “I don’t think she likes me!”

Considering P’Nut’s extreme obstinacy, we gave up on the walk, and tried to get the little diva back in the house. For 20 more minutes, we ran around like the Keystone Cops. I feared that Tara would return to find her petite princess gone for good.

And then, I remembered the bag of Goldfish. I desperately grabbed a handful of the cheesy morsels from the laundry room shelf and, like a court jester who’s been sentenced to the gallows, I bowed before Her Excellency to offer the bribe.

Thankfully, P’Nut accepted.

The life-threatening nature of my experience with P’Nut had arguably paid my debt of service to my friend Tara. However, I decided that it was time for me to get out of the pet care business.

Next week, our dog, Moby, is going to a kennel while we’re going on vacation. It’s not free, but peace of mind is worth every penny.

**Pet tips via Molinari**

At each duty station, inquire to receive a gauge on local kennels and pet sitters. Get references from people you know to back up online databases like yelp.com, care.com, rover.com, or petsitters.com. Visit facilities before taking pets to stay. Many kennels allow dogs and cats to interact with other friendly pets, and only crate the animals during feeding or sleeping times. Take your pet’s food, medications, and a favorite blanket or toy. As always, ask for military discounts and enjoy your vacations!



# Summer is time to stay cool, practice water safety

**DR. GRACE S. CHEN, M.D., FACEP**  
Tripler Army Medical Center  
Emergency Department

HONOLULU — Summer is here, children are out of school and many are flocking to the beach or pool. But how many have thought over drowning prevention and water safety?

There has been increased awareness about drowning after a 4-year-old boy died from “dry drowning” in Texas recently.

The boy had been knocked over by a wave and was submerged very briefly before a family member picked him up. He had appeared well the rest of the day.

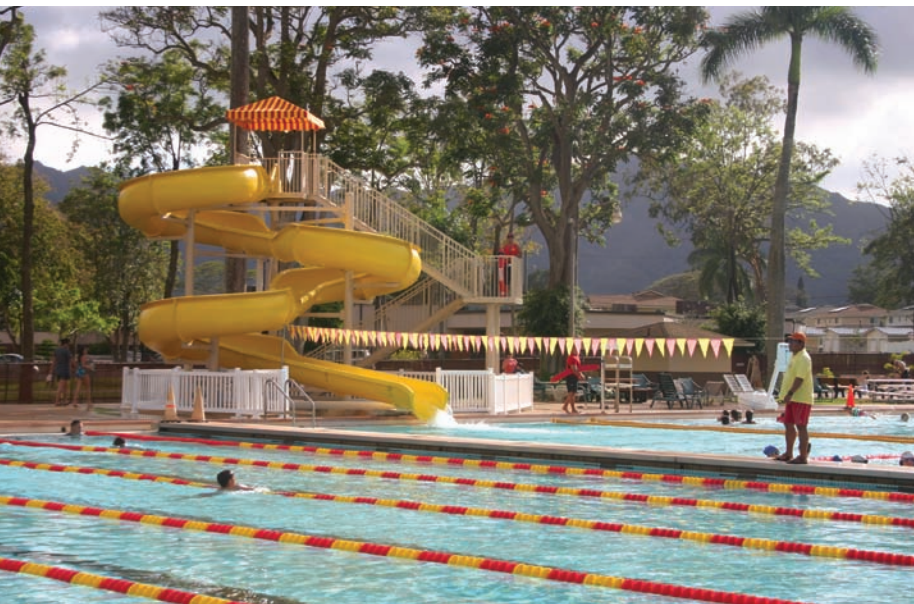
The next day, the boy was vomiting and had diarrhea. His parents did not take him to the doctor because he had had similar symptoms before, and they were told he had a stomach bug. Nearly a week later, the boy woke up complaining of shoulder pain and took his last breath that day. He was rushed to the hospital, but they were unable to resuscitate him. The doctors told his parents that he died of “dry drowning.”

**Dry drowning**

“Dry drowning,” occurs when the vocal cords may be closed due to trauma that prevents water entry, but causes breathing to become more difficult since air cannot pass through. Your body will continue to try to inhale.

However, the air cannot enter because the cords are closed. Instead, fluid from your tissues and blood vessels is suctioned into your lungs, causing the fluid to build up and making it difficult to exchange carbon dioxide for oxygen.

Dry drowning is quite rare. People who die from dry drowning may also have had sudden cardiac arrest from exposure to cold water (which can cause an irregular heart rhythm), called “immersion syndrome.”



Hawaii Army Weekly file photo

**SCHOFIELD BARRACKS — This summer, Tripler Army Medical Center encourages people to be careful when swimming.**

**Primary drowning**

More commonly seen is “primary drowning,” where the body inhales a large amount of water that prevents proper breathing and kills right away. This type of drowning occurs most commonly in the toddler years (associated with a lapse in supervision) or in late adolescence and early adult years from water sports or intoxication. Drowning is the second leading cause of death from unintentional injuries in children 1 to 4 years old.

Most drownings among this group occur in swimming pools. Sixty to 90 percent of drownings occur in residential pools. Often the child had only been left unsupervised for less than five minutes.

Teenagers drown more often in rivers, lakes and larger bodies of water, and many times these drownings are related to alcohol or drugs. Males will often

participate in riskier recreational water sports, making them more vulnerable to drowning.

**Secondary drowning**

“Secondary drowning” sometimes occurs when a small amount of water enters the lungs and causes injury. Pool chemicals, such as chlorine, can cause inflammation in the lungs causing more fluid accumulation. The onset of “secondary drowning” is more delayed than dry drowning (up to a 72-hour delay). Symptoms of secondary drowning include cough, difficulty breathing, chest pain, lethargy, fever, vomiting or a frothy discharge from the nose or mouth. Sometimes the person looks well at first, but getting fluid in your lungs can cause problems later; therefore those experiencing difficulty breathing, coughing, vomiting or mental status changes

should go to the emergency room.

**Preventative measures**

It has been estimated that 80 percent of all drownings are preventable. Adult supervision, reducing risky behaviors, avoiding alcohol in aquatic environments, investing in swimming lessons, using barriers to separate potential victims from bodies of water, erecting warning signs and flags, and posting lifeguards all help prevent drownings.

CPR is the best way to improve survival after drowning. Bystander CPR occurs in 40 to 60 percent of all drowning victims. One study found that only victims who were immediately resuscitated on the scene survived.

Of those who received bystander CPR, 50 to 80 percent survived to discharge from the hospital. One study found that if resuscitation was delayed until emergency transport arrived, no victims survived. Therefore, basic life support and sometimes rescue breathing only, performed by non-emergency personnel, plays a very important role in survival.

**What to do**

Suggestions to prevent drowning include the following:

- Take a CPR course, especially if you own a pool.
- If you own a pool, put a 4-sided, 55-inch tall fence around it with a self-latching and self-closing gate.
- All children should learn how to swim for safety.
- Supervise your children during bathing and when they are playing near water-filled buckets or other bodies of water.
- Advise adolescents against drinking or using other substances when boating or when participating in other water sports.

TAMC



A traumatic brain injury (TBI) is caused by a blow or jolt to the head or a penetrating head injury that disrupts the

## Helmet use prevents traumatic brain injury

normal function of the brain. One way to prevent a TBI is for you and your children to put on a helmet when:

- Riding a bike, motorcycle,

snowmobile, scooter, or all-terrain vehicle;

- Playing a contact sport, such as football, ice hockey, or boxing;
- Using in-line skates or riding

a skateboard;

- Batting and running bases in baseball or softball;
- Riding a horse; or
- Skiing or snowboarding.

